

Dance to Remember



Neuroscience Supportive Care Program

Set your short-term memory up for long term success with the Dance to Remember classes. This program entails physical exercise, socialization, and memory exercises which are all beneficial to your memory. Participants will engage with various types of dancing that will accommodate seniors in the early stages of memory loss (Mild Cognitive Impairment). Periodically throughout the class participants will partner up and ask each other questions about each other, and at the end try to remember their partners' answers. This is a wonderful program for anyone experiencing early signs of memory loss that would like to be proactive about slowing the rate of memory loss or improving their memory. **Walk-ins welcome.**



- Dates:** Every Friday
through 11/9/18
- Times:** 3:00pm–4:00pm
- Location:** Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304
- Questions:** Call 650.721.8500
- Website:** www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.

